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## Growing Healthy Kids Columbus Coalition

\_\_\_\_ Steering Committee

\_\_\_\_ X Full Coalition

Date: June 24, 2014 Time: 10:00 am – 11:30 am

Location: Columbus Public Health  
Meeting Room 119C  
240 Parsons Ave.  
Columbus, Ohio 43215

**Facilitators:** Cheryl Graffagnino, Columbus Public Health  
Jamie Turner, Columbus Public Health

### **Attendees:**

Elaine Tran (CPH-HCHW), Carolyn Bernard (CCS), Cheryl Graffagnino (CPH-HCHW), Katy Keogh (Kroger), Grace Kolliesuah (CPH-Caring for 2), Megan Ramsden (CPH-HCHW), Jamie Turner (CPH-HCHW), Ricardo Wilson (Personal Pitness), Phil Hargrave (Molina), Pat Riederer (OSU Extension), Jacquie Broderick-Patton (CCS), Katie Stone (CPH-CHC), Mark Miller (Franklin Park Conservatory), Bob Holomuzki (CPH-SNT), Autumn Trombetta (CPH-CDP), Molly Stout (CPH-CHC), Bobbi Shannon (YMCA), Carol Smathers (OSU Extension), Anita Davis (CDCFC Head Start)

### ***Meeting at-a-glance:***

- General Program Updates
- PICH/REACH Grant
- Physical Activity Break
- Hour a Day to Play Updates
- WFFT/Sodabriety Campaign

### ***Meeting Outcomes and Action Steps Identified:***

Continue promoting both WFFT and An Hour a Day to Play

- Like the GHKC page: <https://www.facebook.com/GrowingHealthyKidsColumbus>
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### ***Announcements***

### ***Next Steps:***

- Next meeting: **June 24, 2014 10:00am -11:30am** at Columbus Public Health, Room 119C.

**Agenda Item 1: Program Updates**

<i>Partner/Organization</i>	<i>Supporting Breastfeeding</i>	<i>Supporting Physical Activity</i>	<i>Supporting Healthy Eating</i>	<i>Increasing Screening and Referral</i>	<i>Other</i>
Carol Smathers (OSU Extension)	-	- Completed collecting responses for the An Hour a Day to Play survey.	- Created a presentation for Sodabriety/WFFT that will be presented at the Youth to Youth conference at Capital University.	- Sodabriety presentation can be shared with coalition so message spreads.	-
Megan Ramsden (CPH-HCHW)	- Continued working on the breastfeeding message to add to the HCHW key messages.	-	-	-	-
Elaine Tran (CPH)	-	- Created Hour a Day to Play ppt and social media	-	-	-
Katy Keogh (Kroger)	-	-	- Partnered with Local Matters to offer grocery store tours in 14 value Kroger stores. Had 228 participants! Kroger wants to continue hosting grocery stores tours. - Wants to work with Molina to create healthy events in its value stores. - Working to have healthier foods offered during tastings/sample times in the stores such as salads. - Veggie tasting in July, Smoothies in August - Increasing healthy messaging in stores. - HCHW message Make	-	-



			Snacks Count was announced over the PA system in a store.		
Katie Stone (CPH-CHC)	- St. John's on West Side held baby shower event featuring a breastfeeding space and giveaways.	- Working with St. Stevens church to create healthier practices. - St. Johns just created food guidelines for healthier events. - Westside food stores had healthy event baby shower. - Breastfeeding space will be created and promoted.		-	-
Mark Miller (Franklin Park Conservatory)	-	- Continuing to promote healthy harvest program that starts on July 10 <sup>th</sup> . Many additional programs available that promote both healthy eating and physical activity.		-	-
Molly Stout (CPH-CHC)	-	-	- Organizing CPH Farmer's Market. WIC and SNAP accepted. - Double bucks will be offered at CPH farmer's market - Double bucks up to \$10 being practiced at some farmer's markets throughout the state. - Fresh Foods Here healthy corner stores hosting some cooking demos on the West Side,	-	-
Bobbi Shannon (YMCA)	-	- Two new playgrounds for two Headstarts opened (natural playscapes). - Two preschool camps for Planting Seeds of Literacy. These camps focus on literacy but tie	-	-	-



		in gardening.			
Pat Riederer (OSU Extension)	-	- Teaching an 8 week MyPlate program for low income, pregnant clients. Has two Spanish speaking teachers/lactation consultants.		-	-
Autumn Trombetta (CPH-CDP)	-	- Promoted guided Art Walks through Columbus Landmarks Foundation which are hosted Mondays and Sundays. - Promoted Walk with a Doc which are walks held on the S, E, N and W sides of the city Saturdays at 8:30 am.	-	-	-
Bob Holomuzki (CPH-SNT)	-	-		- Continuing screenings on the Southside. Promoting healthy messaging when doing screenings. Opened up two more screening sites.	-
Jacquie Broderick-Patton (CCS)	- Breastfeeding to be promoted among employees in October for breast cancer awareness month.	- Wants to put up Hour a Day posters at sites throughout the city. -		- Connected with Center for Healthy Weights to discuss increase in Type II Diabetes. - Developing health fair toolkits with	- Hoping to revamp website to better promote resources, especially from the

			<p>WFFT and PA messaging. Toolkits meant to be used for school events to educate students, parents and other adults.</p> <ul style="list-style-type: none"> <li>- Have 132 health consultants throughout CCS.</li> </ul>	coalition.
Ricardo Wilson (Personal Fitness)	-	-	-	<ul style="list-style-type: none"> <li>- First meeting. Works at Personal Fitness Navigators.</li> <li>- Wants to learn about grants and network with organization to provide a training area for youth to get more active. Wants to connect with wellness centers.</li> </ul>
Kellee Gauthier (L4L/Cardinal)	-	-	-	<p>New partnership to move Cardinal grant to American Academy of Pediatrics Ohio Chapter. Hope this new</p> <p>Good for Growth kicked off in May.</p>



		partnership will help expand the initiative on the local, state and national level. -		G4G is a campaign/movement meant to be a central platform for common messaging and looking for partners.	
Anita Davis (CDCFC Head Start)	-	- Using the I am Moving, I am Learning curriculum.	- Multiple gardens in CDCFC Head Start locations. Families can take food from the gardens. - Partnered with Local Matters for Food Matters cooking classes. - Fresh Produce Giveaways second Wednesday of each month. - Offers grocery store tours for parents guided by a dietitian who teaches them how to choose healthier items and see cost per unit of what they're buying.	- Hosts annual health and resource fairs for families and staff. - Wants to start focusing on families instead of just giving messages to children. - Weekly healthy "Happy Hours" with smoothies. - Longer lunch breaks and daily physical activity breaks	-
Cheryl Graffagnino (CPH-HCHW)	-	- Active Playkit at two events in June and messages promoted.	- Connected with High Banks to see if we can partner with them to plan healthier events in the future.	- Health Fair kit at Restoration Academy. - HCHW messages beginning to be expanded into Latino and Somali communities.	-



Phil Hargrave (Molina)	-	- Will be holding event to provide free physicals for kids involved in sports.	-	-
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## **Agenda Item 2: PICH and REACH Grants — Autumn Trombetta**

CPH is applying for two large CDC grants, PICH (Partners in Community Health) and REACH (Racial and Ethnic Approaches to Community Health). Autumn, chief of the chronic disease prevention section at CPH, asked for feedback and ideas for each grant.

- PICH: Partnerships to Improve Community Health (up to 4 mill 3 yrs)
  - Spearheaded by CDP section at CPH.
  - One of the requirements is to have a coalition and reach 75% of the county. Looking to use GHKC and/or CDAB (chronic advisory board). Kellee cochair of community health collaborative. Want to partner both coalitions to cover more area
    - Community health collaborative: formed to get Community Transformation Grant (CTG). Working to combining the groups. PICH grant might bring the groups together.
  - Meeting at 230pm at Mt Carmel resource library 6/24.
  - Questions/Comments
    - Bob is a champion for AI/AN community. Working on Circles of Care grant which helps that community with health and health equity.
  - What's the next level? What can we do PSEC wise?
    - Phil: suggestion to make sure communication is appropriate for each population (easier reading level). Simplify messages.
    - Grace: Give more moms opportunity to link participants in Moms to Be with EFNEP or vica versa. Link programs in general and ensure these links are being made.
      - Jacquie: focus on infant mortality. We could have a campaign for education and getting a better referral system. Ex. Get moms prenatal care and education and connect them with good child care and educate them on best practices.
    - Pat: housing, transportation. In middle schools there's very little health education.
    - Jacquie: no policy about recess and very little PE required for graduation (only .5 credit)
    - Cheryl: overall we want a smoother system that pushes pregnant women from prenatal care to SNAP, WIC, etc... all the way to Head Starts
    - Anita: we need to emphasize reaching kids/families through school system. Teaching "life fundamentals" ie Home economics.
      - Jacquie: this is happening in small pockets in schools at 132 sites. How can we reach this audience creatively because in the end we need to focus on academics. How to get healthy education built in and around prescribed curriculum?
    - Kellee: PICH is an implementation grant. We should expand on something that's already working instead of making something completely new. Half of the money is given to the community (subgrantees from CPH)
    - Phil: maybe we can make a large event to expose everyone to the resources.
      - Start short term and attainable and then have it turn into habits?
    - Part of the grant is a communication plan.
    - Katie: shared use. If a place does shared use they can get funding to improve their shared space.
    - Ricardo wants to focus more on teens because that's when they're the most influenced.



- Is there a format to make PA more interactive and sustainable? Create more of a network and make physical activity a social norm.
- REACH: Racial and Ethnic Approaches to Community Health? (\$400,000 3 yrs)
  - Spreadheaded by Minority Health
- Both due July 22<sup>nd</sup>
- Both grants are centered on PSEC and pretty open ended.

### **Agenda Item 3: Hour a Day to Play updates – Carol Smathers**

Carol shared the results of the An Hour a Day to Play survey sent out last month.

- How to get people to get an Hour a Day to Play?
- 16 respondents. One person from each GHKC partner was contacted about the survey.
- Tried to get quantitative data on PA
- About half of coalition has policies on PA
- Screen time: only 3/16 have screen time. Most organizations are promoting screen time reduction but there are very few *policies* around screen time.
- Sleep: Hard to measure and not applicable to a lot of the organizations.
- Technical assistance: 10+ organizations were interested in more materials and 5-10 interested in onsite technical assistance.

### **Agenda Item 4: Sodabriety Presentation – Carol Smathers**

Carol showed the coalition her Sodabriety presentation partnered with WFFT that will be presented at the Youth to Youth conference on 6/24. The conference is a gathering of hundreds of teen leaders.

- Working on doing teen led WFFT advocacy
- SSB video: [Therealbears.org](http://Therealbears.org)
- Highlights from Sodabriety presentation:
  - SSBs are the one food category most strongly linked with obesity.
    - CDC named SSBs directly as something that could reduce obesity if limited.
  - Good videos increasing SSB awareness:
    - Sugar is killing us
    - Parks and Rec SSBs
    - Pouring on the Pounds
    - Rethink your drink
- Action Item: Share ppt with coalition
- Anita: let's get media more involved in promoting water.
  - Work with families, children and adults on the attitude of behavior change.